

- 2 Reaching for STARS
- 5 New criteria to weigh fitness level
- 7 Insurance coverage increases to \$400K

**Family Support information  
is available for 911th members  
and their families by calling  
1-800-235-7780 or (412) 474-8544**

# Flyover

Visit us online at [www.afrc.af.mil/911aw](http://www.afrc.af.mil/911aw)

911th Airlift Wing      Air Force Reserve Command - Pittsburgh, Pennsylvania



Vol. 44 No. 7  
Aug/Sept 2005

## BRAC Commission votes to realign wing

After three days of deliberations the Base Re-alignment and Closure Commission voted Aug. 26 to realign the 911th Airlift Wing.

Not much can be said about the new mission, however, because the process is still on-going.

"As the BRAC process unfolds, I would like to assure everyone that we will keep our vital assets - our people and the community - at the forefront throughout the process," said Col. Randal Bright, 911th Airlift Wing Commander.

"Doing what is right for national security and the

men and women in the military is our ultimate goal. The recommendations will not be implemented until they have been approved by the President and Congress sometime in November. In the mean time, we have a very important mission to perform," said Col. Bright. "We will remain focused on doing whatever it takes to get the job done."

Once approved by the President and Congress, the Air Force will be in a position to facilitate the realignment recommendations and work through joint basing solutions. (PA)

## Change of Command ceremony offers welcome, farewell



The 911th Airlift Wing flag exchanged hands July 31, as Col. Randal L. Bright assumed command of the wing during a formal ceremony.

Col. Bright arrived here from the 315th Airlift Wing at Charleston Air Force Base, S.C. where he was the commander of the 315th operations group. He entered the Air Force in 1985 and is a command pilot with more than 4,500 hours flying military aircraft.

Maj. Gen. James D. Bankers, 22nd Air Force Commander, presided over the ceremony.

The program featured Col. Carl E. Vogt's relinquish of command and official retirement from military service. Col. Vogt served as the wing commander from Aug. 3, 2002 to July 31, 2005. He entered the military in 1971 and served honorably for more than 33 years.

Command Chief James Fields was the flag bearer for the ceremony and Capt. Tim Joyce, the narrator.

Photo by Senior Airman Ian Carrier



## Commander

Col. Randal L. Bright

## Editorial Staff

*Chief, Public Affairs*

1st Lt. Cathleen M. Snow

*Deputy Chief, Public Affairs*

Master Sgt. Mark A. Winklosky

*NCOIC, Public Affairs*

Staff Sgt. Jessica J. Benigni

*Staff Writer*

Senior Airman Ian D. Carrier

*Administration*

Senior Airman Danyael F. Clark

*Wing Photographers*

Staff Sgt. Mary Louise A. Haney

*Wing Graphic Artist*

Vacant

## Unit Public Affairs

### Representatives

*911th Operations Group*

Vacant

*758th Airlift Squadron*

Tech. Sgt. Kevin J. George

*911th Operations Support Flight*

Lt. Col. Michael Dvorchak

Chief Master Sgt. Carl Hughes

*911th Aeromedical Evacuation Squadron*

Master Sgt. Robert Buchanan

*911th Maintenance Group*

Master Sgt. Cynthia M. Laughlin

*911th Maintenance Squadron*

Senior Master Sgt. Terrance Keblish

Master Sgt. Kevin Timbers

*911th Maintenance Operations Flight*

Vacant

*911th Aircraft Maintenance Squadron*

Vacant

*911th Mission Support Group*

Vacant

*911th Civil Engineering Squadron*

Tech. Sgt. William Fulkerson

*911th Communications Squadron*

Vacant

*911th Mission Support Flight*

Senior Airman John DiPasquale

Senior Airman Christopher Sharpe

*911th Security Forces Squadron*

Senior Master Sgt. Dennis Stumpf

Senior Airman Lisa Hildebrandt

*911th Services Squadron*

Capt. Richard D. Frye

Ms. Coleen Czachowski

*911th Logistics Readiness Squadron*

Vacant

*32nd Aerial Port Squadron*

Maj. Paul Hurley

Capt. Melissa Folino

*911th Aeromedical Staging Squadron*

Staff Sgt. Margaret A. Dabecco

Maj. Maryann McQuade

This funded Air Force Reserve newspaper is an authorized publication for members of the U.S. military services. Contents of the *Flyover* are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force. Photographs are U.S. Air Force photographs unless noted.

Editorial content and photographs provided by 911th Airlift Wing, Public Affairs, Pittsburgh IAP ARS, 2475 Defense Ave., Coraopolis, Pa. 15108-4403. 911th AW web page address:

<http://www.afrc.af.mil/911aw>

# Commander's Corner

I would like to take this opportunity to thank the members of the 911<sup>th</sup> Airlift Wing for the great change of command ceremony and the warm and hospitable welcome to Pittsburgh. It is with great pleasure and pride that I assume command of this outstanding wing. You should be proud of your accomplishments.

For those who may not have made it to the change of command ceremony, I have five basic principles which are summed up with the acronym STARS:

**Safety** – We must be safe in all we do; completing Reserve missions, performing civilian employment tasks, or enjoying leisure time away from work.

**Training** – Take every opportunity to get the training you need to perform your job. It is my responsibility to make sure you have the resources to get the training you need.

**Attitude** – We must maintain a positive attitude. Bad attitudes are disruptive to good order and discipline, camaraderie and morale.

**Readiness** – We must be ready to accomplish the mission at any given moment, therefore we must be trained and prepared to step up when the call comes. This also extends to our families and civilian employers; we must have them prepared so we may go forward when needed by the nation.

**Standards** – Very simply the Air Force core values, Integrity First, Service before Self, and Excellence in all we do. We will uphold these standards.

As you read this *Flyover*, you may or may not be aware of the



**Colonel Randal L. Bright**

results of the Base Realignment and Closure Commission. During their deliberations Aug. 26 the BRAC Commission voted to realign the 911<sup>th</sup>. What that means to us has not been finalized. The recommendations will not be implemented until they have been approved by the President and Congress sometime this fall. Once approved, the Air Force will be in a position to facilitate the realignment recommendations and work through joint basing solutions. I ask for your patience as we await the final decision following Presidential and Congressional review. I will have further information for you as the BRAC process unfolds.

We will be holding a Wing Appreciation Day, Oct. 2. The purpose of this event is to thank you, for the dedication and work you have done and are still doing in the Global War on Terror; and to thank your families and employers for their sacrifices during your absence. Please extend an invitation to them so they may participate in the activities.

Again, thank you for the warm welcome. I am honored to be your commander.



# A Break from the Plow

by Col. Carl E. Vogt (ret.)

Chief of Air Force Reserve Command Air Expeditionary Force Cell

Although it has been said, "No one who puts his hand to the plow and looks back is fit for service..." it is also written that, "There is a time for everything, and a season for every activity...." There is a time, a season to pause, particularly when reaching the end of a row, a career or a tour of duty, to look at what has been and what is yet to do. And so it is, in my final article for the *Flyover*, I pause... and in looking at where we have been together over the last three years can only exclaim, "Wow!"

Upon accepting command, I spoke the same word, "Wow!" from the podium as a descriptor of my initial perspective. Such a word expressed my excitement for the opportunity and challenge as your new Wing Commander, and quite honestly, a measure of haunting fear for the risk of failure and impact that poor decisions could have on so many. In the past three years, the Wing, each one of us, has marched a long way.

Even before the mobilizations in 2003, an increasing number of 911th Airlift Wing personnel were volunteering for extended duty in support of national objectives across the globe. Although 'training' had historically been the focus of Reserve forces, more and more the emphasis has become 'to deploy.' And deploy we have. Our numbers have grown passing 30, 40, 50 and now approaching 60 percent of the wing's reservists, either through mobilizations, Air Expeditionary Force (AEF) tours, or other deployments. Here at Pittsburgh, we have continued to accumulate an impressive set of successful accomplishments: an inspector general exercise (IGX), maintenance standard evaluation performance (MSEP), staff assistance visit (SAV), aircrew standard evaluation (ASEV), readiness assessment training (RAT), Base Realignment and Closure (BRAC) Commission visit and finally a really world-class "Wings over Pittsburgh" air show. And we met these challenges with an increasingly smaller, more restricted budget authority. Coupled together, the 911th AW epitomizes the motto of "doing more with less."

Yet our pause must, by the very nature of our business, be short, in deed, for there is much that remains ahead. Though many demobilizations will take place before the end of the year and the final decision of BRAC become known, our duty to serve and defend the country continues... and must continue without interruption. So it is a quick pausing snapshot we take and then once more put our hands to the plow. In order to preserve the safety and security for our homeland, it is imperative we remain engaged, serving our nation overseas.

I leave Pittsburgh with many great and fond memories but am focusing on the future ahead as Chief of Air Force Reserve Command's AEF Cell. It has been truly great, both personally and professionally, to be a part of the 911th AW and know you'll provide your new commander with the same solid support for the future. I depart and summarizing from an entirely different perspective can find only that one singular expression... "WOW!"

## Quick Clips

### Wing Appreciation Day!

In special recognition of those who have served in support of the Global War on Terrorism, both overseas and at home, and for the families who provided the strong foundation necessary for our Airmen when their country called, a Wing Appreciation Day will be held Oct. 2, beginning at noon.

Food will be served by the Reserve Officers Association and the First Sergeants. Children's games and activities are planned. A softball game is also on the schedule.

### Civilian Employment

Oct. 31 is the deadline for Air Force reservists to register information about their civilian place of employment. Command officials urge them to comply with the Department of Defense directive as soon as possible by going online to <http://www.afrc.af.mil/reserveInfo.htm> and clicking on Civilian Employment Info Program.

### ITT Services for you

The Information, Tickets and Travel Office has discounts available for most theme parks and attractions.

Disney and Looney Tune watches are also available for purchase.

For more information call Aaron Spangler at (412) 474-8641.





## Sharpen riding skills with free instruction



Photo by Master Sgt. Mark A. Winklosky

Several motorcycle safety classes have been offered on base this summer by the Motorcycle Safety Foundation of Pennsylvania.

"To ride a motorcycle on base, you must show proof of attending one of these classes," said Senior Master Sgt. James Kelley of the 911th Wing Safety Office.

The Wing has held five classes in the Experienced Riders Course with approximately 50 personnel from the 911th Airlift Wing, 171st Air Refueling Wing and 99th Regional Readiness Command.

"A lot of riders are from different states which charge for the class," said Senior Master Sgt. Kelley. "Pennsylvania will train them for free."

Another class is being scheduled some time in September. If interested, please contact the wing safety office at (412) 474-8403.

## Shape your future — Your "Weigh"

by Maj. Sharon Colaizzi  
911th Aeromedical Staging Squadron

Preparing for exercise gets you one step closer to doing it! With a little forethought, you may be more motivated to exercise when you remove barriers. By deciding what you will do; your level of participation; having an alternate plan for things that might throw you off track; getting your gear together and deciding when you will exercise; will get you that much closer to achieving your fitness goals.

Decide which activities you would like to participate in and your ideal level of participation. Consider your current level of activity and how you can work toward your goal. For example, if you would like to be participating in structured exercise for one hour every day and you currently participate in 30 minutes of activity twice a week, formulate a stepwise plan that will allow you to gradually increase your level of activity to meet your goal. Set time frames for goals and be flexible, like so:

**Week 1:** Walk 30 minutes on Tuesday and Thursday.

**Week 2:** Walk 30 minutes on Tuesday, Thursday and Saturday.

**Week 3:** Walk 40 minutes on Tuesday, Thursday and Saturday.

**Week 4:** Walk 40 minutes on Tuesday, Thursday and Saturday and play nine holes of golf or other activity on Sunday.

**Week 5:** Walk 50 minutes on Monday, Wednesday and Friday and play nine holes of golf or other activity on Saturday.

**Week 6:** Walk 50 minutes on Monday, Tuesday and Thursday, take an aerobics class on Wednesday, and play nine holes of golf on Saturday or Sunday.

Keep in mind that the above outline is just an example of ways you can schedule your activities, revamp your goals and vary your exercise routine to keep from getting bored. Your own schedule will vary according to your own interests, goals and fitness level.

If you need help with your exercise program or want to prevent weight gain, shape your future...your weigh! Visit the website at <http://airforcemedicine.afms.mil/shapeyourfuture>.



## Air Force changes fitness test criteria

In January 2004, the Air Force underwent a major change in the way it looked at fitness. As part of the Fit to Fight program, the service adopted a more stringent physical fitness assessment that measures aerobic fitness, physical strength/endurance and body composition.

Now, 18 months into the program, senior leaders are ready to tweak the assessment to make it even better, said Lt. Gen. (Dr.) George Peach Taylor Jr., Air Force surgeon general.

Updates to AFI 10-248 will include a change in how body composition is measured, a new table for the running portion of the test that takes into account the runner's elevation, and a change in the number of days an Airman must wait before retesting after having scored in the marginal category.

Under the original fitness evaluation, body composition scores were based on abdominal circumference only. The updated AFI will

now direct that body composition also be measured using body mass index.

BMI is calculated by dividing weight in pounds by height in inches squared, and multiplying the result by 703. According to the Centers for Disease Control and Prevention, those with a BMI between 18.5 and 24.9 are considered to be normal. Those with a BMI of 25 or above are considered overweight.

Under the updated AFI, Airmen with a BMI of less than 25 will earn the full 30 points for body composition. For Airmen who score a BMI 25 and above, Dr. Taylor said the results of the waist measurement would be used to calculate their test score.

That will still be an important measure of their health," he said. "Waist measure is closely related to increased risk for metabolic syndrome, diabetes, hypertension and heart disease. Fat distribution is the critical indicator, as opposed to

weight."

For those who score marginal, between 70 and 74.9 points, the Air Force plans to correct the time to retest at 90 days; currently, retest for marginal category is 180 days. This will be consistent with the retest time for poor scores, those less than 70.

The Air Force continues to look at ways to improve the fitness evaluation and remains committed to the Fit to Fight program, Dr. Taylor said, because the program has proven successful.

Participation at fitness centers is up 30 percent now," he said. "And if you go to the field, like in Iraq or Afghanistan, you will find a continued focus on health."

The assessment is not the focus of the fitness program, but a tool to assess the commander's fitness training program.

Dr. Taylor said he hopes the changes to the AFI will be made by late August or early September.

## On-line customer service

Last year Air Reserve Personnel Center customers used a telephone or e-mail to request copies of a performance report, update their mailing address or replace a lost record. Now they can go on-line at <http://arpc.afrc.af.mil/> to ask for the same thing from the Air Force Reserve Contact Center in Denver.

The Web-based service directs the customers to input necessary information, so customer service representatives have everything they need to serve the customer. "We used to use e-mail, but you'd be going back and forth with the customer to make sure you had all their information," said Maj. Doug Ottinger, deputy director of the center's Personnel Delivery Service.

"With Web requests it guides customers through the process, provides customers immediate confirmation that we received their requests via e-mail and automatically assigns an issue management number for their reference and the customer service representatives' reference."

## New commander for AMC nominated

President Bush has nominated Lt. Gen. Duncan J. McNabb for the rank of general and to command Air Mobility Command at Scott Air Force Base, Ill.

General McNabb is currently the director of logistics for the Joint Staff at the Pentagon. Before that assignment he was the Air Force deputy chief of staff for plans and programs.

A 1974 graduate of the U. S. Air Force Academy, he has held command and staff positions at squadron, wing, major command and Department of Defense levels. He is a command pilot with more than 5,400 hours in a variety of aircraft including the C-141 Starlifter and C-17 Globemaster III.

If confirmed by the Senate, General McNabb will succeed Gen. John W. Handy who has commanded AMC since November 2001.



## Pittsburgh special agent explains mission

by Special Agent Mickel Howell  
Air Force Office of Special Investigations  
Detachment 325 OL-A

I am Special Agent Mickel Howell with the Air Force Office of Special Investigations (AFOSI). I had the opportunity over the past couple of months to meet with many of you. For those of you whom I have not met, this article describes what I am doing here in the Pittsburgh area.

AFOSI's mission encompasses the following areas: major criminal investigations, fraud investigations and counterintelligence (CI) support to force protection. If there is an instance where a major crime or fraudulent activity occurs, I will contact my AFOSI support unit at Wright-Patterson Air Force Base, Ohio and they will send other agents to conduct the investigations.

Part of my CI mission is to provide base leadership with current threat information. I work closely with local, state and federal law enforcement agencies to ascertain the existence (or nonexistence) of threats directed at our military installations and their respective personnel in the Pittsburgh area.

As everyone knows, the world we live in has changed dramatically over the past four years. What used to be "nothing" might now be considered "suspicious." This is where I need your support. If you

observe a person or group of people acting suspiciously in the communities around our bases, please let me know.

With the establishment of the Eagle Eye's program there are documented areas of concern such as: surveillance, elicitation, tests of security, acquiring supplies, suspicious persons out of place, dry run, and deploying assets. What is suspicious activity? A vehicle parked outside the gate taking photographs; strangers asking you about your job; how many people do you work with; how often and when do the planes leave the base; when your base decal is stolen from your vehicle – these are just a few examples and by no means all inclusive.

As a federal agent, my investigative authority extends beyond the base fence line. If you are downtown Pittsburgh, at the airport, having lunch in Robinson Town Center or on the way home from a unit training assembly and see something suspicious, please let me know sooner than later. I can look into the matter further and coordinate with other law enforcement agencies who can assist in identifying or clarifying threat information. By working together we can quickly neutralize potential threats. Please call me at (412) 474-8824 or the security forces law enforcement desk (412) 474-8250 to report suspicious activities.

### Second quarter - Civilian of the Quarter awards



**Ms. Peggy A. Teets**



**Ms. Germaine L. Karcz**





## \$400,000 of SGLI coverage starts Sept. 1

Four hundred thousand dollars of Servicemembers' Group Life Insurance automatically goes into effect for everyone in the U.S. military Sept. 1.

If people don't want the maximum SGLI coverage, they will have to change it in writing, even if they opted for much less or none in the past. The current maximum coverage is \$250,000.

In addition, a new law now requires the services to tell spouses if servicemembers designate a primary beneficiary other than their current lawful spouse, or they turn down SGLI coverage or reduce it after Sept. 1.

To change insurance amounts or who gets it, Airmen need to visit their unit's commander support staff or military personnel flight to fill out a SGLV Form 8286. If deployed, their personnel for contingency operation team can help.

Air Force Reserve Command personnel officials said changes on the form will not be accepted before Sept. 1.

SGLI coverage still runs 6.5 cents per month for \$1,000 of insurance, but the increments of coverage change from \$10,000 to \$50,000. If people take no action,

the monthly maximum premium automatically goes from \$16.25 to \$26. Airmen can avoid the increase if they turn in a form before Sept. 30.

This change does not affect coverage of family members under the Family Servicemembers' Group Life Insurance.

Veterans can opt for more coverage under Veteran Group Life Insurance if they are covered by SGLI before separating from the service.

The increased SGLI coverage becomes retroactive to Oct. 7, 2001, for survivors of servicemembers who died in a combat zone, combat operations or combat-related situations. If death occurs between Oct. 7, 2001, and Sept. 1, 2005, survivors receive \$150,000 in transitional insurance, bringing the total maximum coverage to \$400,000.

In addition, the U.S. military's death gratuity benefit increased from \$12,500 to \$100,000 effective May 11. It too is retroactive to Oct. 7, 2001. This means that survivors of servicemembers who died between Oct. 7, 2001, and May 11, 2005, receive the increased benefits, said Col. Virginia Penrod, director of military com-

pensation.

The increased benefits are for survivors of servicemembers who die in combat zones, combat operations and combat-related situations, she said. Combat-related situations include airborne duty, combat training, demolition duty and training exercises.

A policy designating combat areas and situations was given to the service departments in June, and each service is now reviewing cases. Payments already have begun, but the process of identifying and paying eligible survivors could take several months, the colonel said.

The increases in SGLI coverage and the death gratuity benefit came about as a result of a 2004 study evaluating the adequacy of death benefits for servicemembers. The study found that benefits were adequate but did not recognize the unique sacrifice made by servicemembers who die in combat situations, Colonel Penrod said.

"There was concern that we weren't recognizing direct sacrifice of life in service to our nation," she said. "That's how the increase was made for those particular situations." (AFRC News)

## New sexual assault policy adds confidentiality

A new Department of Defense policy allows sexual-assault victims to confidentially report crimes.

The policy allows victims to seek care under restricted reporting procedures, without triggering an investigation or having their name, or the name of their assailant reported up through their chain of command.

Victims may now talk with the sexual assault response coordinator, a victim advocate or certain medics. In the past, only chaplains could provide

confidentiality.

While names of victims will be withheld from commanders, the fact that a sexual assault has occurred will be provided to commanders to assist them in assessing the climate and improve preventive efforts.

For more information, contact Maj. Maryann McQuade, 911th Aeromedical Staging Squadron, at (412) 474-8233.



**Airman  
Steven Collins**

**Unit:** 911th Wing Safety Office

**Job:** Information management

**Job Scope:** Manage information, first-line in troubleshooting computer problems

**Most demanding job aspect:** Troubleshooting network and computer problems

**Most rewarding job aspect:** Knowing I am providing the correct information to complete our mission

**Hometown:** Canton, Ohio

**Favorite food:** Any food I can get

**Favorite music:** 80s Rock

**Favorite movie:** Star Wars

**Who'd play you in a movie?** Owen Wilson

**If you weren't working right now, what would you be doing?** Spending time with my family.

## Promotions

**To Airman:** Charice Henderson, 758th AS; Steven Collins, 911th AW; John Weisgerber, 911th MXS; Samantha Brunner, 758th AS; Paul Everly, 911th MXS; Cody Cumpston, 911th ASTS;



**To Senior Airman:** Melinda Wright, 911th ASTS; David Boyce, 911th AMS; Daniel Bradwell, 911th SFS; Jason Donatelli, 911th LRS; Jason Dreistadt, 911th MXS; James Hindinger, 911th SFS; Jenifer Hornick, 911th ASTS; Cory Mumford, 911th OSF; Joseph Michael Stuby, 911th MXS; Michael Trusky, 911th AMXS; David Vesely, 911th MXS; Brian Mitchell, 911th AES;



**To Staff Sergeant:** Derek Mills, 911th CES; Wade Boley, 911th AES; John Babusci, 32nd APS; Paul France, 758th AS; Nicholas Hoth, 758th AS; Kristopher Loveridge, 32nd APS; Jessica Neff, 911th CES, Det 1; Dionnea Watkins, 911th MOF;



**To Technical Sergeant:** Brian Babusci, 911th SVS; Leonard Batovsky, 911th CES, Det 1; Melissa Gruber, 911th ASTS; Eric

Jenkinson, 911th AES; Jason Lambright, 911th AMXS; Jay Narad, 911th AW; Gregory Turner, 911th CES; Michael Wolfe, 911th AMXS; James Worry, 911th OG; John Deemer, 32nd APS; Alisa Gilson, 32nd APS; Matthew Lamp, 911th MXS; Daniel Baird, 32nd APS;



**To Master Sergeant:** Thomas Borst, 911th AW; Donald Cassler, 911th CES; Valerie Anslinger, 911th OG; Robert Lytle, 32nd APS; David Ott, 32nd APS; David Wallace, 911th AMXS;



**To Senior Master Sergeant:** Robert Gray, 911th OG; James Kelley, 911th AW;



**To Chief Master Sergeant:** Michael Maher, 911th SVS;



911 AIRLIFT WING/PA  
PITTSBURGH IAP ARS  
2475 DEFENSE AVENUE  
CORAOPOLIS PA 15108-4403

**OFFICIAL BUSINESS**

## UTA Schedule

September 10 - 11

October 1 - 2

November 5 - 6

*Flyover printed on recycled and recyclable paper with soybean ink*